



Salsa de Yogur con Hierbas

8 Porciones • 1 Porción = 2 Cucharadas

INGREDIENTES

- 1 taza de yogur griego natural descremado
- 2 cucharadas de aceite de oliva extravirgen
- 2 cucharadas de perejil seco
- 2 cucharadas de cebollín seco
- 2 cucharadas de eneldo seco
- ¼ cucharadita de sal

INDICACIONES

1. Mezcle todos los ingredientes en un recipiente y revuelva bien antes de servir.

Nutrition Facts	
8 servings per container	
Serving size 2 Tablespoons	
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 0mg	0%
Potassium 76mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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